

# Allow Your Thoughts to Float Like Leaves

## A Practice in Mindfulness

1. Visualize a gently flowing river. Imagine trees lining the riverbank. Envision the leaves from the trees falling into the river and floating down the river until they are no longer in sight.
2. When a thought comes to mind, visualize that thought as a leaf. Imagine that leaf falling from a tree and floating down the river until it is out of sight.

Method of the process: This practice teaches us how to observe and accept thoughts as we would observe and accept the natural event of leaves floating in a river. As a result, we will be better able to live in the present, accept life changes and control chatter.

I CAN,  
I AM,  
I WILL.

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